

Baked Vanilla Custard Pots

Silky, set vanilla custard like a crème brûlée without the burnt sugar. Make them the day before.

2g
CARBS
PER SERVING

Serves 4

Prep 10 min

Cook 30 min

plus 2 hours in the fridge

One pot. A few raspberries on top add about 1g.

You'll need

- ☐ 300ml double cream
- ☐ 3 eggs, yolks only (keep the whites for an omelette)
- ☐ 2 tbsp powdered sweetener, erythritol or a stevia blend
- ☐ 1 tsp vanilla extract
- ☐ A pinch of cinnamon, to finish (optional)

Method

- 1 Turn the oven on to 150°C (130°C fan, gas 2). Boil the kettle.
- 2 Warm the cream in a pan until it's steaming, but don't let it boil.
- 3 In a bowl, whisk the egg yolks, sweetener and vanilla. Slowly pour in the warm cream, whisking all the time.
- 4 Pour into 4 ramekins or small ovenproof cups. Stand them in a roasting tin.
- 5 Pour hot water from the kettle into the tin until it comes halfway up the ramekins.
- 6 Bake for 25 to 30 minutes until set at the edges but still a little wobbly in the middle.
- 7 Lift out carefully, cool, then chill for at least 2 hours. Sprinkle with cinnamon to serve.

TIP

The little wobble in the middle is right. They firm up in the fridge. If they're firm when they come out, they're overdone.

SWAPS

- A little grated orange or lemon zest in the cream instead of vanilla.
- Top with a few raspberries just before serving.

STORING IT

Covered in the fridge for up to 2 days.

AIR FRYER

Air fryer (no water bath needed): Stand the filled ramekins in the basket and cook at 140°C for 18 to 22 minutes, until set at the edges with a wobble in the middle. If the tops start to brown, cover them loosely with foil. Then cool and chill as in step 7